


Department of Personnel and Employee Wellness Present



MEATLESS MONDAY CHALLENGE

February 22-March 5

Meatless Monday is a global movement that encourages people to reduce meat in their diet for their health and the health of the planet.

It does not need to be a Monday to go meatless!

How to Participate

Submit a picture with a short description of a meal where meat was substituted with another food. Email this to the BeeFit Employee Wellness Program at hargrovec@stlouis-mo.gov by March 5 to be entered into the prize raffle.

\$25 Gift Card Prize Raffle

All who participate will automatically be entered into a raffle for a chance to win a \$25 gift card.

Learn More

Go to <https://www.mondaycampaigns.org/meatless-monday> for more information and recipe ideas.